Jin Shin Jyutsu® Self Help Class

Books 1, 2 & 3 with Terry Matthews

Where: At the Jin Shin Jyutsu Office, 8719 E San Alberto Dr, Scottsdale, AZ 85258  Tel: 480 998-9331

When: Dec 17-18, 2016 (Sat –Sun) 9 - 5pm  Cost: $230, if you have the Self Help books, or $270, books included.  Review this class: $180

For further information please call Terry at 480-998-9331 or 602 750 4707

Email terryamatt@gmail.com.

Jin Shin Jyutsu Physio-Philosophy, is an art of harmonizing the life energy in the body. The art was “re-discovered” by Japanese scholar Jiro Murai. By meditating and utilizing simple finger holds, Murai experienced the art of Jin Shin Jyutsu and cured himself of a life-threatening illness. It is in this respect that Self Help is perceived as the birth and core of Jin Shin Jyutsu.

This course includes:

- A History of the Art
- The harmonizing flows
- The ‘Jumper Cable’
- The ‘Safety Energy Locks’ (SELS)
- Fingers, Toes, Palms & Soles
- Simple ‘First Aid’ flows

Please bring your copies of Self Help Books 1,2 & 3 if you have them then your class fee will only be $230 Otherwise copies will be available as a part of the $270 fee

“All you need are your own two hands”

Jin Shin Jyutsu Self Help engages you in Self study. By developing awareness of the life force within you and how you can harmonize it by holding your fingers, toes or utilizing simple flows, you can easily become more responsible for maintaining your own balance, health and happiness. I invite you to join me on a journey to greater harmony

Terry Matthews has practiced Self Help Jin Shin Jyutsu since 1989. He was introduced to this engaging art of self study by an American JSJ practitioner living in the UK. Shortly after gaining practitioner status (1993), he began teaching Self Help classes in Adult education. Terry moved to Arizona in 2001. He now works at the International headquarters of Jin Shin Jyutsu in Scottsdale, AZ, where he is available for Jin Shin Jyutsu appointments and Self Help classes. You may contact him at 480-998-9331 or 602 750 4707.

http://www.jsjinc.net/pagedetails.php?id=scottsdale-events&ms=1